

From the Principal's Desk - *Kristen S. Vogel, M.A.T.*

It is hard to believe that we have been back at school for a month already! We had a terrific start with the new schedule. We have heard many positive comments from students and faculty about the schedule. We are all still getting used to the rotation and calling days numbers instead of days of the week! We gave all students a sticker of the schedule that they can put on their phone cases, an agenda or notebook! We start every school year with assemblies for all four grades. At the assembly we go over our expectations for them as students at TMHS. Those expectations are our 21st century learning expectations, RISE. We expect students to be respectful, exhibit integrity, develop skills and engage in their learning. We also showed them a short video on being smart about their digital footprint.

We also asked for student volunteers for our accreditation visit from NEASC on September 25-28th. I was thrilled with the response from the student body. We had over 30 students volunteer to with tour, meet or be shadowed by a member of the visiting committee. Our students are very proud of TMHS and really want to share it with the NEASC committee.

When you read this we will have completed the visit from the NEASC visiting committee. I can't thank enough all of the parents who volunteered to serve on Standards Committees, the Steering Committee, to meet with the visiting committee on the first two days of the visit, and who offered to help in any way! The commitment and passion of the faculty and students during the visit was so evident. The students love their school and the faculty love their students and teaching them all! This process is a great opportunity for us as a school community to reflect on what we do well and where we need to grow. We have identified areas where we want to be better and we will be continually working on these areas for many years. The visiting committee will provide us with a lengthy, detailed report of their visits with commendations and recommendations for our work over the next two years and five years. We should have a draft of the report sometime in the spring of 2017 and the final report next fall sometime, which we will make public for the entire community to read. I have included some pictures below of our students participating in the opening day presentation for the visiting committee!

Hello, from the School Nurse - *Jessica McClellan, BSN, RN*

It's great to be back for a second year as the school nurse at Tewksbury Memorial High School! I have thoroughly enjoyed getting to know so many wonderfully respectful students during my first year, and I am excited about all we can accomplish together in 2016/2017. I especially love opportunities to collaborate with students, guardians, and school staff to ensure health challenges don't get in the way of academic success. Please don't hesitate to contact me if I can be of assistance in any way.

I do believe it's important that all TMHS students get in the habit of regularly carrying life-saving medications such as epi-pens and albuterol inhalers.

WE RISE AT TMHS!

RESPECT

FOR SELF, OTHERS, PROPERTY, AND THE COMMUNITY

INTEGRITY

BY BEING HONEST, ETHICAL, AND RESPONSIBLE

SKILLS

NECESSARY TO PURSUE THEIR GOALS IN AND OUT OF THE CLASSROOM

ENGAGEMENT

IN ACADEMIC AND CO-CURRICULAR ACTIVITIES

TMHS STUDENTS WILL:

COMMUNICATE EFFECTIVELY

BY GATHERING INFORMATION AND PRESENTING IDEAS IN A CLEAR,

ARTICULATE MANNER

SOLVE COMPLEX PROBLEMS

USING A VARIETY OF HIGHER ORDER THINKING SKILLS

WORK INDEPENDENTLY AND COLLABORATIVELY

AS AN ENGAGED LEADER

RESPECT THE RIGHTS OF OTHERS

Please drop off your doctors orders at the health office if you have not done so already. Please be reminded that our school policy does not allow students to carry any medications on their person at school without doctor, parent, and school nurse permission. I understand that this policy can create an inconvenience for involved, conscientious students who don't want to miss any class time and have before or after school activities. I will make every effort to have my door open by at least 7:15am and until at least 1:55pm so students have access to Tylenol or ibuprofen for pain relief. Please register your student on community pass at the link below if you would like your student to be able to take these medicines during school hours.

<https://register.communitypass.net/TewksburyPublicSchools>

Let's do our best to keep everyone safe and healthy at TMHS by being diligent about keeping life-saving medications on our person and by keeping other medications at school locked up in the health office. I am looking forward to a terrific year of health and wellness!

TMHS Updates

Congratulations!

Claire Thompson, senior, received a Letter of Commendation from the National Merit Scholarship Corporation. Claire is one of about 34,000 commended students throughout the nation.

We are very proud of Claire Thompson's performance on the PSATs last

fall. She is an exceptional student and young woman. Although Thompson will not continue in the 2017 for National Merit Scholarship Awards, she placed among the top five percent of more than 1.6 million students who entered the 2017 competition by taking the 2015 Preliminary SAT/ National Merit Scholarship Qualifying test.

Below is a picture of Claire receiving her Letter of Commendation.



Claire Thompson'17 Letter of Commendation

Food and Nutrition

We will try to include information from our Food and Nutrition Office monthly. For this month we have from the director, Deb Mugford, a link to a blog with nutrition information for high age students.

<http://blogs.usda.gov/2016/09/15/think-nutrition-as-high-school-students-return-to-school/>



College Process

The Guidance Department was pleased to host the annual Senior Parent Breakfast and Senior Student assembly on Friday, September 23rd. Representatives from UMass Lowell, Merrimack College, Fitchburg State University, Southern New Hampshire University and Middlesex Community College were on hand to explain aspects of the application process. Susan Woods, Associate Dean of Student Support Services at Middlesex Community College provided information to parents on how students can access support services in college.

On October 7th, an admission representative from Fitchburg State University will be visiting TMHS for our annual College Essay Writing Workshop. The eight year collaboration with Fitchburg State University has assisted many graduating students with producing outstanding college essays. Students interested in attending should bring a rough draft essay to be reviewed.

All seniors will have individual appointments with their counselor to provide guidance and any assistance with the application process. Recommendation letters and accompanying student evaluation forms will be sub-

mitted by the counselor via Naviance. Students will be required to update their Naviance accounts throughout the senior year to reflect their applications and the application status.

We remind students that scholarships are beginning to arrive in the Guidance office. Students can visit the Guidance webpage, the Career Center, or their Naviance accounts to access the latest available scholarships and the posted deadlines.

Students interested in viewing tips on completing the common application should visit the following link for an instructional YouTube video:

<https://goo.gl/qbN3Sx>

PSATs

TMHS will be administering the PSAT exam on Saturday, October 15th. Students should bring two number 2 pencils with them and a CollegeBoard approved calculator. Approved devices are listed in the

booklet provided to students when they registered for the exam. Students should arrive to the high school by 7:40am for registration and room assignment. Students are allowed to bring a water and a sealed snack. No

coffees will be allowed beyond the cafe. Please note, no student will be admitted into the building after 8:00am, per CollegeBoard regulations.

Transcript Requests

Students need to complete an official transcript request form for all scholarship applications with the transcript requirement. The transcript request form is not needed for counselors to forward student transcripts via Naviance.

Future Science and Technology Leader 2016

The National Academy of Future Scientists and Technologists have honored Hope MacKenzie, junior. Hope was noted for her outstanding academic performance, leadership potential, and dedication to serving humanity through science, technology, engineering and math.

The National Academy of Future Scientists and Technologists is a membership organization chartered in 2014 to inspire and support all K-12 and college students who wish to devote their lives to sciences and technology. The Academy was founded on the belief to identify prospective talent at the earliest possible age and help these

students acquire the necessary experience and skills to take them to the doorstep of these vital careers. Hope wants to thank her teachers for being great role models for her. She loves science and wants to help people in the future.

Below is a picture of Hope receiving her Award of Excellence.

College Visit List

Please visit the Guidance webpage <https://goo.gl/78WvK0> for the current list of colleges visiting TMHS. Students interested in registering to visit with admissions representatives must visit the Guidance office.

Freshman Guidance Visits

All freshman students will be meeting with members from the Guidance staff for a classroom introduction to the Naviance program. During this visit students will be completing the Learning Styles Inventory. This assessment will provide insight into

how each individual student identifies aspects of their learning process. Additionally, counselors will provide a brief tutorial on the benefits of utilizing this online college career program. Students can access Naviance on their phones or computer 24/7.



Hope MacKenzie '18 Award of Excellence

Happenings at TMHS

Common App Coffee

On Wednesday, August 24th, we had over 70 seniors spend two hours working on their common application for colleges! The guidance counselors walked the seniors through the

different parts of the application, provided tips on completing and helped them get started or revise their essays. Ms. Palladino, one of our English

teachers, volunteered to help the seniors with brainstorming and writing their essays.

Below are some pictures.



Seniors Working On Their College Common Applications

Donors Choose over the Summer

During the summer months, TMHS History teacher Ms. Donna Boudreau-Hill was busy getting supplies for her upcoming classes. She created two requests through DonorsChoose.org and had both fulfilled. The first request was for 10 models of the brain to be used in the new AP Psychology class, the second was for 20 addition-

al non-fiction books to be used in the class library. Through the generous donations of several anonymous donors, the requests were filled and delivered the first week of school. DonorsChoose.org is a website where teachers can request items for their classes. Donors from all over can support the teacher's projects with their

contributions. So far, Ms. Hill has been able to secure the model brains, flashcards and study guides for AP Psych, bean bag chairs, a bookcase, individual white boards, non-fiction books, and many other resources for her class. Please check the site often, as there are many classrooms in need.



Donated items from Donors Choose include model brains, flashcards and study guides for AP Psych, bean bag chairs, a bookcase, individual white boards, non-fiction books, and many other resources for the classroom.

Oh How Our Garden Grows!!!



Busy bees and human hands have helped to keep things blooming in the TMHS vegetable garden in the last few months. Our garden began with two raised beds constructed and planted by the 2015 summer program students as part of their service learning project. Produce grown in our first season was donated to the Tewksbury Community Pantry and used in our own lunch program last fall. In the spring of this year, Environmental Science students doubled the size of the garden by constructing two new beds. They then added seedlings started indoors to the soil while also planting a variety of vegetables from seed. Throughout the summer of 2016, a variety of fresh produce, including lettuce, Swiss chard, arugula, zucchini, cucumbers and tomatoes were harvested and donated to the

Pantry itself or to the Pantry table at the Tewksbury Farmer's Market on the Town's common.

The summer of 2016 also brought some major changes to the gardening space outside our doors. As part of their service learning project, this year's summer program students chose to construct handicapped-accessible raised beds so that the students of the Life Skills program would have the opportunity to grow their own vegetables for the salads and sandwiches they prepare and sell to the faculty each week.

Summer program students researched the suggested dimensions for handicapped accessibility, determined what supplies were needed and then constructed and prepared the new beds for planting. One stu-

dent, Ryan Kwiatkowski, chose to build a wheelchair-accessible planting table at home with his dad's help and donate it to the project.

Many thanks are due to people behind the scenes whose efforts contributed to the success of the project, including the Tewksbury Public Schools Maintenance and Facilities Departments who gathered and modified project supplies to help our students execute their plan.

On planting day, the Life Skills summer program students joined the project team to plant seeds in their new garden beds and celebrate with ice-cream treats. Several local newspapers were on scene to document the action and publicize our success! This article was submitted by Ms. Gordon of the Science Department.

Oh How Our Garden Grows!! *continued*



Ms. Haversat accepts a donation for Pantry.



Handicapped Accessible Garden Beds



Life Skills students plant their new garden.



Jake Cookinham assists Ryan Kwiatkowski.

Fine and Performing Arts Department

The Fine and Performing Arts Department is very pleased to welcome Mrs. Ashley Sullivan to the department this year. She comes to TMHS with a unique skill set, vibrancy, and great enthusiasm for art education. Mrs. Sullivan is a graduate of Keene State College. She received a Bachelors of Arts in Graphic Design. She completed her Masters of Education specializing in Visual and Performing Arts Education at Lesley University. This fall she is starting her second masters in Special Education through Bay Path University. Mrs. Sullivan loves all kinds of art. In her free time she does freelance portrait photography. She is happy to be a part of the TMHS community. We feel fortunate to have Mrs. Sullivan join our department and are excited for a productive and wonderful year in the Fine and Performing Arts Department.



Sun Sculpture was created by the Spring 2016 Ceramics students.

The TMHS Theater Company just held auditions for their upcoming production of Frank Capra's "It's a Wonderful Life," which we be performed the first weekend of December! Stay tuned for updates on this classic performance!

The new "SUN SCULPTURE" located at the entry of the high school was created by the Spring 2016 Ceramics students. Their installation is the first of what we hope to be the start of many in our new sculpture garden. Starting from the left, the students are as follows: Paul Farias, Julia Kelly, Ben Forest, David Naughton, Cassia Burns, Patrick Alves, Derek Cronis, and Chris Cordeiro.

Fine & Performing Arts Department Extracurricular Activities



Please note and encourage your student to join our after school activities for the 2016-2017 School Year:

TMHS Theater Company
Three season club with varying hours depending on participation in cast or crew
Includes Fall Play, Winter One Act, and Spring Musical

Concert Choir
Meets Tuesdays after school, 2-4:00pm
Winter and Spring Concerts
Massachusetts Festivals

TMHS Marching Band
Meets August-November on Mondays & Wednesdays, 5-8:00pm
Performs at TMHS football games and New England competitions

The TMHS Affinity Winter Color Guard
Meets November-April on Sundays, Tuesdays and Thursdays, 5-8:00pm
Competes in the New England Scholastic Band Association winter circuit

Athletics

Captains Council will meet on Friday, September 30th in LG1 at 8:00am.

TMHS Athletics did an outstanding job taking the Taylor Twellman Concussion Awareness Pledge. Boys and Girls Soccer, Volleyball and Field Hockey wore orange wristbands to promote concussion awareness.

Girls Soccer also wore teal in support of Ovarian Cancer this past week. I am extremely proud of our Student/Athletes promoting awareness to both causes.

Shout out to Jr RB Will Matovu being selected as Boston Globe player of the week. Will scored 2 TD in a 21-0 win vs. Methuen HS. Way to go Will!



2017 Yearbook

Attention Seniors! Order your yearbook during the month of October for the lowest price of the year! Any order placed during October will reserve a yearbook for the price of **\$60**. The regular price is \$75, if students wait until the spring to order one. By ordering early, you will save \$15 and students will not have to pay in the spring when senior week money is being collected. We have had excellent results over the last 3 years running this “early bird special!!!”

To order a yearbook, go to jostensyearbooks.com. If you prefer to pay by personal check, make the check out to TMHS Yearbook and have your student bring the check to Mrs. Sullivan in Room A103 and she will enter it into the Josten’s database to reserve your copy.

Senior Portraits

Please have all senior portraits taken by November 30, 2016. Our Yearbook deadline is in early December for the portraits. We have a contract with O’Connor Studios. Make an appointment on-line at creativebyocon.com.

The basic sitting fee is \$30 and this **includes** the yearbook picture. There is no obligation to purchase a portrait package. O’Connor Studios takes all our sports teams, action shots, dances, plays, pep rallies, etc. so we

have high quality photos for our yearbook! Any questions about Yearbooks or Senior Portraits, email Susan Sullivan at ssullivan@tewksbury.k12.ma.us and I will get back to you! Thank you.